

Relaxation Enhancement Group for Female Veterans

Every Friday, 1:00-2:00PM

Starting April 13, 2012



Women's Prevention Outreach and Education Center

Menlo Park Division, Bldg. 350, 1st Floor Group Room

This open group will introduce relaxation techniques such as mental imagery, grounding, progressive muscle relaxation and calm breathing, which are helpful in managing stress and anxiety.

All female veterans are welcome to participate.

**Please contact Ann LeFevre with any questions,
650-493-5000 x25000.**